



Service Overview

Owning My Future



Big life changes can feel overwhelming, but you don't have to navigate them alone!

Owning My Future helps autistic young people aged 9–25 and their families plan for what's next. When life changes, we work alongside you to set goals, build a personalised plan, strengthen confidence and decision-making skills, and connect you with the right supports so you can move forward with confidence.

This fully-funded program is available at no cost to participants.

We can support you through big moments like:

- Receiving a new diagnosis and figuring out what comes next.
- Starting, changing, or transitioning between primary, secondary, or tertiary study.
- Exploring training, career pathways, getting a first job, or planning for employment.
- Moving out of home or building independence.
- Changes in relationships, living situations, or support networks.
- Major life milestones such as marriage or having children.
- Any time life feels uncertain because big things are changing.




Please note: Owning My Future is a short-term, tailored program designed for specific transition supports. It is not an ongoing service or a replacement for therapy supports. This program is funded until December 2027 and places are limited.



Own your future today and scan the QR code to submit an enquiry.

Autism Queensland is here to help—get in touch to learn more:



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